**DISTANCE SCOUTING PROGRAMME 19**

**(24 JULY 2020)**

**“THE N\*S\*A – BASIC TRAINING”**

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| **You have until 19h00 on Friday 31 July 2020 to complete this programme. Follow the instructions carefully and you will be marked “present” for the programme, earn points for your patrol and hopefully compete some advancement and prepare for upcoming programmes and camps. More importantly, HAVE FUN!!!** |

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| **Equipment required for programme:**   * A cellphone with internet access and WhatsApp access to your patrol WhatsApp Group. * A phone or camera with the ability to take a video. * Your personal journal |

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| **The PL should, as always, designate who is doing what and, if nobody is doing an item (such as posting a training video) do this item so that the patrol can complete the programme.** |

Hopefully you enjoyed your “week off” last week and your celebration with your Dringle friends. Did you work out Whodunnit?

The secret was in the items left on the porch. It was clear that most people did not know that Gran had been murdered and had continued to deliver items to her front door as if she was alive – post, milk, pamphlets and the like. People may have wondered why she did not take the items inside, but they still delivered, not knowing the grizzly truth. The fact that there were two bottles of milk shows that she must have been dead for several days.

The exception is the newspaper. Monday’s paper was not on the porch (presumably Gran took it inside) but Tuesday’s was, so Gran did not manage to take it inside. One would have also expected the paper for Wednesday, Thursday and maybe even Friday to be on the porch too, but these papers were missing.

The newspaper delivery person must have known that Gran was dead and stopped delivering the paper to her (perhaps in the hopes of saving some money). Either the newspaper delivery person witnessed the murder (in which case they would have called the police) OR they were a strong suspect for being the murderer themselves.

The policeman called the newspaper to find out who the delivery person was and then went off to interrogate them. When the newspaper delivery person could not explain why they had stopped delivering newspapers they confessed.

Well done if you worked this out!

For now though, it’s time to leave our Dringle friends behind as we enter the world of intrigue and subterfuge that is the N\*S\*A – the National Spy Agency.

**INSPECTION:**

Welcome to the N\*S\*A. Our mission is to protect our country from sinister forces that seek to destroy our way of life for their own nefarious benefit. As you know, our country has been beset by a virus that has already had a massive impact on all South Africans and which seems to be changing our very way of life. It is too early to tell if this is a natural occurrence or if something more sinister is afoot.

Your mission, should you choose to accept it, is to undertake training and to investigate the source of this scourge in the hope of saving your country from its ravages.

**This counts towards Item 3 of your Patrol Activities Scoutcraft Badge. For the full badge requirements visit** <https://scoutwiki.scouts.org.za/index.php?title=Patrol_Activity_Scoutcraft_Badge>

To make life easier we have placed you in P\*A\*T\*R\*O\*L\*S of agents who will be focussing on various aspects of the case.

Start off your career at the N\*S\*A by creating some P\*A\*T\*R\*O\*L spirit. Find out about your patrol name, what it was named after etc and post this on your Patrol WhatsApp Group.

**GAME:**

For your training you are going to visit one of the premier N\*S\*A training sites in the country. Disguised as a humble scout training centre, Gilwell in Florida, Roodepoort is actually a top-secret N\*S\*A base.

Visit Gilwell virtually at the following address: <https://kuula.co/share/collection/7lRVK?fs=1&vr=0&zoom=1&sd=1&initload=0&thumbs=1&margin=10&chromeless=1&logo=-1>

You can move from venue to venue by clicking on the purple fleur-de-lis logo or by using the thumbnails at the bottom of your screen.

N\*S\*A Agents are trained in observation. Let’s see how good you are. Answer the following questions based on your tour and your powers of deduction. Post the answers on your patrol WhatsApp group:

1. What colour is the fleur-de-lis on the gate at the entrance to Gilwell?
2. How many stars are painted on the entrance to the YMCA Hall?
3. What season do you think it was when these photos were taken? Motivate your answer.
4. What is written on the front lawn using bricks?
5. Assume that the entrance to the museum faces north. What time of day were the photos taken? (Morning, noon, afternoon, sunset etc). Motivate your answer.
6. Visit the museum. BP has some information from you. When was the lease on Gilwell first obtained?
7. Explore the grounds. Somewhere you will find an old railway coach that used to belong to BP. What town’s name is written on the sign next to the coach?
8. How many benches are in the chapel?
9. Visit the bundus (it is several screens). What colour is the box below the spotlights?
10. What colour have the top-most poles been painted in the George Angus shed?

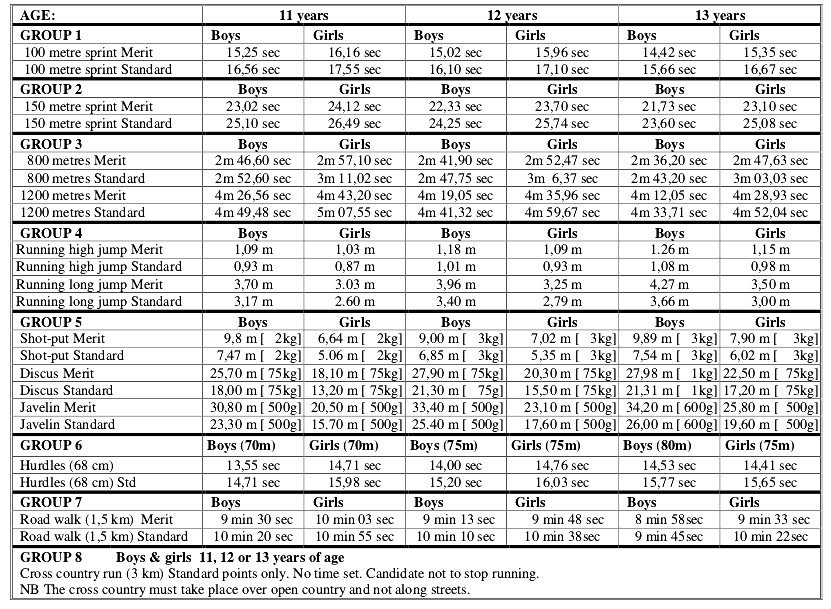
**PHYSICAL TRAINING:**

N\*S\*A Agents face a range of challenges. In addition to mental stanima, you need to be physically ready for anything that the bad guys throw at you. Do one of the following:

Option 1: Run or walk another 20km towards the “Hike to Mafikeng” (this is the last week you can take part in this) and post a picture of you doing your hiking / running together with the distance covered on your patrol WhatsApp group. This will earn you a “Hike to Mafikeng” badge if you haven’t earned one yet.

Option 2: Complete five of the following groups of test within the time limits set out for your age. If you are older than 13, do the option for 13-year olds:

**This counts towards Item 6 of the Athletics Scoutcraft Badge. Full requirements can be found at** <https://scoutwiki.scouts.org.za/index.php?title=Athletics_Scoutcraft_Badge>



Option 3:

After a ten-minute warm up, complete the following exercises within the time limits set out for your age group (if you are older than 13, do the requirements for a 13-year-old). Post your time and a photo of you completing some of the requirements on your patrol WhatsApp group.

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| **Age** | **11 Boys** | **11 Girls** | **12 Boys** | **12 Girls** | **13 Boys** | **13 Girls** |
| Merit | 5m 20s | 5m 25s | 5m 10s | 5m 15s | 5m 00s | 5m 05s |
| Standard | 6m 00s | 6m 05s | 5m 50s | 5m 55s | 5m 40s | 5m 45s |

1. **12**[**Front lying, trunk raises (hypers)**](https://en.wikipedia.org/wiki/Hyperextension_(exercise)) - Over a bench or other support. Hand position as for curl ups. Stop at horizontal position.

**This counts towards Item 1 of your Fitness Scoutcraft Badge. The full requirements can be found at** <https://scoutwiki.scouts.org.za/index.php?title=Fitness_Scoutcraft_Badge>

1. **20**[**Curlups**](https://en.wikipedia.org/wiki/Sit-up)**(sit-ups)**- Partner grasps ankles, legs must be bent to 90°, fingers locked behind neck, chin off chest, elbows must touch knees, head must return to the floor each time. Incorrect curlup does not count.
2. **22**[**Pushups**](https://en.wikipedia.org/wiki/Push-up) - Chest must touch clenched fist of partner. Incorrect pushup does not count
3. **20**[**Biceps curls**](https://en.wikipedia.org/wiki/Biceps_curl) - Standing in half squat position lifting 10% of body mass (sandbags).
4. **20 Vertical jumps** - To reach a point 25 cm above arm’s length.
5. **20 Lateral arm raises** - Standing in half squat position lifting 10% of body mass (sandbags). Lift elbows laterally to 90°.
6. **5 Square shuttle runs** - Mark out a square of 5 metres along each side. Each completed circuit counts as one.
7. **5 Shuttle runs of 25 metres** - Place two beacons 25 m apart. Each turn around a beacon counts as one.

**EAGLE-EYES:**

As an N\*S\*A Agent you need to be attuned to your environment. Observation is key to avoiding danger, to producing good reports and to ensuring that you stay one step ahead of the bad guys.

You will need the help of a family member to complete this training.

Get your family member to collect 30 well assorted articles and put them on a table in a room (no peaking). It is probably best if you cover the items with a blanket or a sheet.

Look at the items for one minute (get your family member to time you) before covering the items or leaving the room.

**This can count towards Item 1 of your Scoutcraft Observation Badge. In order to complete the Item you will need at least 24 out of 30 items and need to do the test TWICE with different objects. For the full requirements of the badge visit** <https://scoutwiki.scouts.org.za/index.php?title=Observation_Scoutcraft_Badge>

Write down as many of the items as you can remember and post how well you did on your patrol WhatsApp Group. You should aim to remember at least 24 in order to meet the grade!

Struggling to remember the items? Try make a story that links all the items. So maybe you pick up a PEN and write on the PAPER about a game you played with your dog and a BALL. (3 objects are remembered – a pen, paper and a ball).

**BLOGS:**

Send in a report to N\*S\*A by either posting an update in either your personal log or on your patrol Blog on what you did this week.

**ANNOUNCEMENTS:**



* Entries for Kim Shield are now open. Kim Shield will be taking place on 12 September 2020. Places are filling up fast, so let your PL know if you are keen on taking place so that your patrol can enter.
* This is the last week for you to complete your “Hike to Mafikeng” badge. Details of the challenge can be found at <https://www.scouts.org.za/hike-mahikeng-challenge/>

The troop would like to issue out two special challenges:

1. Can your patrol cover the 1 290km before 1 August 2020? 100 points to each patrol that achieves this feat.
2. Can you personally complete the 1 290km before 1 August 2020? 100 points to each patrol member that completes this feat and a special prize at the end of lockdown.

Remember to post updates on your patrol WhatsApp group as to how far you have travelled so that this can be added to your time for the challenge!

* Applications for the National Senior Scout Adventure are now open. If you are going to be 15 or older please message your PL that you want to take part and register at <https://cederbergadventure.co.za/>. **DO NOT PAY A DEPOSIT YET!!!**
* A reminder that SCOUTS South Africa has made branded facemasks available at a cost of R40,00 per mask, excluding delivery. Visit the online scout shop at <https://shop.scouts.org.za/> to place your order.
* The Northrand Scout District is running a competition for all NORTHRAND Scouts. The Northrand Scout that earns the most interest and/or scoutcraft badges during the lockdown will win a prize worth roughly R150,00. Can you be the best in the district and scoop the prize?

SCOUTS South Africa has developed a Covid-19 awareness badge. Are you up to the challenge? Visit <https://www.scouts.org.za/2020/05/26/covid-19-awareness-badge/> for information on the requirements.

* This Distance Scouting Programme is an experiment. We would appreciate constructive feedback on the programme. Please send this to [andrew.campbell@scouts.org.za](mailto:andrew.campbell@scouts.org.za).

**TROOP DISMISSED!**